

KY TEACH PROJECT

KY Commission for Children with Special Health Care Needs
982 Eastern Parkway
Louisville, KY 40217

Phone: 502-595-4459 x 314 or 268
or 800-232-1160 or Fax: 502-595-4673

VALENTINE'S DAY
WORD SEARCH

M I Y E C A O P T Y G V L N V
C S W L U A I T Q E O A F Y H
H W P P O Z N T R Q D L L H Z
X X Q U R S D D H N I E D Z R
L H D O S I Y B Y G H N V A A
G F F C P P J F S L V T B V T
A M V U B S E S A E N I M P B
Z O C C P B S P T R A N F E B
V E A R R O W G E R V E G N V
G X R U A D L Z R N A Q S L R
A R A F R F W I H I S E N O D
B R E L M R L O S N C O H V M
Y O P P R Z L B S A Z H F E I
X L G A V Z B U R I N T D I M
S R E W O L F D C L L K P H I

ARROW
CANDY
CARD
COUPLE
CUPID

FEBRUARY
FLOWERS
HEARTS
LOVE
MINE
VALENTINE



EMAIL US!
kytransition@aol.com

Do you need help finding resources or services in
your area? Here's a website that can help:
www.kycares.net

VALENTINE'S DAY FUNNIES

Q. Do skunks celebrate
Valentine's Day?

A. Sure, they're very
scent-imental!



Q. What did one pickle
say to the other?

A. "You mean a great dill to me."

Q. What did the pencil say to the
paper?

A. "I dot my i's on you!"

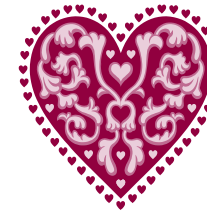
Q. What did one light bulb say to
the other?

A. "I love you a whole watt!"

If you have a joke or riddle you would like to be featured in the next newsletter send it to:

KY TEACH PROJECT, Lee Gordon, Commission for CSHCN, 982 Eastern Parkway, Louisville, KY 40217

KY TEACH PROJECT



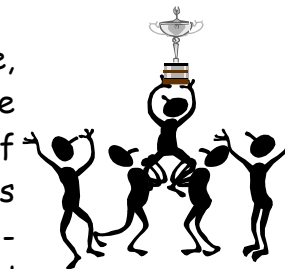
Independence

SUCCESSFUL LIVING: Part IV
Stuff you might not have learned
in high school but you should
probably know anyway!

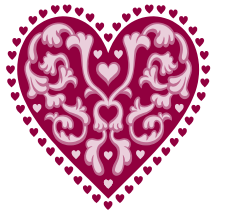
This month we are
finishing up our four-
part successful living
series by focusing on
independent living,
handyman, survival
and other skills.

If your disability
prevents you from
actually doing some of
these things, you can
learn how to instruct
someone to help you
with them.

Like last time,
check and see
how many of
these things
you can al-
ready do, and
make it a point to
learn how to do those
things you can't do
yet.



We hope that
this series has
given you lots
of things to
think about
and goals to
achieve on your road
to independence!



CCSHCN
February, 2002

Kentucky
Commission for CSHCN
Regional Offices and
Phone Numbers:

Ashland

800-650-1329

Barbourville

800-348-4279

Bowling Green

800-843-5877

Edgewood

888-542-4453x5135

Elizabethtown

800-995-6982

Hazard

800-378-3357

Hopkinsville

800-727-9903

Lexington

800-817-3874

Louisville

800-232-1160

Morehead

800-928-3049

Owensboro

877-687-7038

Paducah

800-443-3651

Prestonsburg

800-594-7058

Somerset

800-525-4279

LIFE SKILLS LIST

HANDYMAN SKILLS:

- Hang a picture straight without making extra holes in the wall?
- Paint neatly, including cleaning up the mess?
- Know what tools perform what functions and how to use them properly around the house



SURVIVAL SKILLS:

- Know basic first-aid and maintain a complete first-aid kit
- Know what to do if you get sick—especially if you are alone
- Know when to defend yourself and how to be effective when doing so
- Perform CPR
- Have personal safety skills such as navigating streets, reading maps, using a phone, wearing seat belts, and gun safety
- Know how NOT to: overload electrical sockets, mix ammonia with bleach, use appliances around water, barbecue in the house, or start the car in the garage without first opening the garage door



INDEPENDENT LIVING SKILLS:

- Have plans for transportation and know how to use public and private options
- Have a driver's license or state identification card
- Budget money and open and use a bank account
- Find housing that has necessary accommodations



OTHER SKILLS:

- Understand one's own strengths and limitations
- Know laws, policies, rights and responsibilities for adults with disabilities
- Be aware of community resources and options
- Identify acceptable dress behavior for a variety of situations
- Shopping skills
- Order and dine in restaurants, pay for service and tip
- Register to vote and for military selective service (if appropriate)

Adapted from Parade Magazine, March 25, 2001, and KY TEACH Competencies for Young People Transitioning to Post Secondary School and/or Work, February, 2001.

HEALTHY LIVING: Friends Are Good For Your Health

Everybody needs friends, but not everybody knows how to make friends and keep them. Demands from job and family can leave many people with little energy for bringing new people into their lives or for nurturing the relationships they already have. But friends are important to your health.

"Research has shown that people who do not have strong support from friends and family live shorter lives and suffer more from stress," says Dr. Cheryl Richey, Professor of Social Work at the University of Washington. "Support from friends can give people the strength to make positive changes in their lives, like staying away from drugs or leaving an abusive relationship."

Some people may find it difficult to make friends because they lack the skills needed to interact with other people and build supportive social contacts. People are not born with these skills; they need to learn them.

So where do you begin? The first step may be to make a vow to start one conversation each day with someone you don't know well, for example, the new

person at your office or a visitor to your church. It may help to rehearse ahead of time and even practice with a supportive family member or trusted friend.

Some people find themselves without support not because they can't initiate social contacts but because they have burned out their friends by asking for help too often and not returning it, or by violating a trust such as telling others a secret shared in confidence. To reconnect with a strained social network, Richey recommends initiating contacts during times when you are not in need of support. "To rebuild relationships, it's important to become more reliable, responsible and reciprocal in your daily associations."

And in the end, the number of social relationships isn't nearly as important as their quality. A person with a huge social network could be worse off than a loner if most of those social contacts are draining and negative.

So do your health a favor and make some new friends!

Adapted from HealthBeat, Tuesday, September 15, 1998, University of Washington,